**Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.**

**Be**

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| Website | Description of Activity |
| <https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies> | Macmillan telephone buddies - Friendly phone calls |
| <https://www.ageuk.org.uk/northern-ireland/> | Check in and chat, befriending. |
| Cancer Choices NI - Seamus: 07843 478433 | Befriending |
| [www.Aware-ni.org](http://www.Aware-ni.org) | Mental health charity based in NI advice and support to help reduce feelings of anxiety and isolation |
| <https://www.amh.org.uk/news/amh-menssana-on-line/> | Action Mental Health - on-line support courses for young people |
| <https://www.cancerresearchuk.org/about-cancer/cancer-chat/home> | Cancer Research UK Cancer Chat-online forum |
| Good Morning/Good Neighbour Newry and Mourne <http://www.ccgnewrycommunity.org/good_morninggood_neighbour_service> | Good Morning is a confidential telephone service for older people who are feeling isolated, vulnerable and lonely. The service offers a daily or weekly telephone call from a volunteer for friendly chat and advice on other support services. |
| Good Morning Neighbour (ABC council area)- <http://www.youcanhelp.org> | Good Morning phone calls 365 days a year, befriending visitation service to home and or place of residence, door step deliveries for basic foods, medicine, coal, gas and other necessities. Nuisance call blockers, advice and support on doorstep, telephone and online scams. |
| <https://www.communityni.org/> | Many organisations want to help in response to the many challenges facing people, communities, and our health and care services. NICVA has developed this service to allow organisations to easily add their services to a central database that can be used by all organisations.  Information on the website is provided by users and is not verified, so please report any incorrect or inappropriate listings, and never give personal or financial details online to someone you don't know. |



**Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity. Maybe try an online exercise video. The NHS website has a range of options, or there are a number of fun videos available free on YouTube for all ages and different levels of ability.**

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| Website | Description of Activity |
| Youtube channel: move more ni,  Also available on Facebook. Contact coordinators on Email: [movemore@armaghbanbridgecraigavon.gov.uk](mailto:movemore@armaghbanbridgecraigavon.gov.uk) [movemore@nmandd.org](mailto:movemore@nmandd.org) [Conor.Fox@midulstercouncil.org](mailto:Conor.Fox@midulstercouncil.org). | Macmillan Move More -Online exercise videos, telephone/video one to one consultations |
| <https://apps4healthcareni.orcha.co.uk> | Apps4Healthcare - a huge resource of health and wellbeing apps which have been checked for quality. Mental Health, fitness, nutritional and sleep health apps |
| <https://www.armaghbanbridgecraigavon.gov.uk/exercise-relaxation-videos/> | exercise and mindfulness videos on the get active ABC council website |
| <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/> | Age UK simple exercises to get moving more |
| <https://www.nhs.uk/live-well/exercise/gym-free-workouts/> | exercise videos from the NHS website |
| <http://pha.site/workout> | NHS website with a range of online exercise videos |



**Take Notice - Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel ‘normal’ during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.**

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| Website | Description |
| <https://ngs.org.uk/> | National garden virtual tours- tour gardens from the national garden scheme online |
| <https://www.britishmuseum.org/collection/galleries#virtual-galleries> | Virtual tour of the British museum |
| <https://www.timeout.com/travel/virtual-museum-tours> | List of some of the museums that offer virtual tours online. |
| <https://mindfulnessexercises.com/free-online-mindfulness-courses/mindfulness-meditations-for-kids> | Mindfulness Meditations for Kids and Adults: Free online meditations |
| <https://www.aware-ni.org/intro-to-mindfulness> | Free online mindfulness course offered by Awareni |
| <https://www.publichealth.hscni.net/news/free-online-stress-control-classes-available-monday-13th-april> | Public Health Agency stress control classes-Free online classes delivered over the Covid 19 period |

**Keep Learning-We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.**

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| Website | Description |
| <https://www.open.edu/openlearn/free-courses/full-catalogue> | free online classes on everything from art to learning a new language to business, the courses are run by the open university and can be completed anytime |
| <https://www.moma.org/research-and-learning/classes> | - the museum of modern art offers free online courses on various different aspects of modern art and fashion |
| <https://www.youtube.com/watch?v=v4YJzNIBn-w> | a video link showing how to create your own prints and turn them into beautiful collage art pieces |
| <https://www.youtube.com/channel/UCQ85xLA2BlQQdrnWBhKw1hw> | arts 4 u utube channel which has a number of free online art workshops available |
| <https://www.artyfactory.com> | offers free online art and design classes/instruction videos |
| <http://www.bbc.co.uk/learning/subjects/music.shtml> | Online learning support and advice, music courses |
| <https://alison.com/courses> | Free online courses on a wide variety of topics |
| <https://www.mombooks.com/mom/online-activities/> | Art therapy - Digital activities page from Michael O’Mara Books. online colouring activities, quizzes, and downloadable extras from his books. They also have links to a number of colour therapy apps |
| [joanneboal@cancerfocusni.org](mailto:joanneboal@cancerfocusni.org) | Art journaling with cancer focus every Friday via zoom email for zoom meeting code |



**Give- We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.**

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| Website | Description |
| <https://www.volunteernow.co.uk/> | Volunteering opportunities across NI |
| <https://www.communityni.org/job> | Volunteering opportunities across NI |
| <https://www.facebook.com/Craigavon-Banbridge-Volunteer-Bureau-133739080010774/> | Volunteering opportunities in Craigavon and Banbridge |
| <https://volunteering.macmillan.org.uk> | Telephone buddy volunteer opportunity |
| <https://www.midulstervolunteercentre.org/> | Volunteering opportunities in the Mid Ulster Area |